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# BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS MIDDLE SCHOOLS AND HIGH SCHOOLS



MONDAY | 29

TUESDAY | 30

WEDNESDAY | 31

THURSDAY | JUN 1

FRIDAY | JUN 2

## BREAKFAST

NO	Sausage Biscuit Breakfast Sandwich	Chocolate French Toast Bites <b>V</b>	Biscuit w/Old-Fashioned Country Gravy & Turkey Sausage Link	Egg & Cheese Bagel Sandwich <b>V</b>
SCHOOL	Maple Madness Mini Waffles <b>V</b>	Apple Frudel <b>V</b>	Tropical Mango Breakfast Round <b>V</b>	Strawberry Banana Bash Yogurt w/Graham Crackers <b>V</b>
	Orange Wedges Mixed Melon	Fresh Pears Mixed Fruit Salad	Fresh Apple Pineapple Tidbits	Fresh Banana Fresh Tangerine

Daily offerings include, assorted cereal bowls with graham crackers or assorted muffins with cheese stick. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. **V** denotes vegetarian choices (including milk and eggs) and **VE** denotes vegan choices. Locally Sourced items noted in **green**. This menu is subject to change and based upon product availability.

## LUNCH

	Chicken Tinga Hard Shell Tacos	Cheese Pizza <b>V</b>	Turkey Hot Dog on Whole Grain Bun	Enchilada Suiza
	Cheese Quesadilla <b>V</b>	Bean & Cheese Enchiladas w/Spanish Rice <b>V</b>	Teriyaki Chicken and Rice Bowl	Fajita Vegetable Quesadilla <b>V</b>
NO	Veggie Burger <b>V</b> on Whole Grain Bun	Cauliflower, Chickpea & Potato Curry w/ Brown Rice <b>V</b>	Veggie Pizza <b>V</b>	Bean & Cheese Nachos <b>V</b>
SCHOOL	Spinach Salad w/Oven Fired Flatbread <b>V</b>	Falafel & Vegetable Sub <b>V</b>	Buffalo Chicken Wrap	Sunbutter & Jelly Sandwich <b>VE</b> on Locally Sourced Bread
	Sweet Plantains Three Bean Salad	Roasted Broccoli & Carrots Caesar Side Salad	Teriyaki Vegetables Sweet Yellow Corn	Mexican Roasted Sweet Potatoes Tomato Cucumber Salad
	Fresh Banana Fresh Pear	Orange Wedges Red Seedless Grapes	Fresh Blueberries Diced Peaches	Fresh Whole Apple Mixed Fruit Salad

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Daily condiments include ketchup, mustard, mayo, and ranch or Italian dressing. This menu is subject to change and based upon product availability

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# BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN

## NUTRITIOUS AND INNOVATIVE MENUS

### MIDDLE SCHOOLS & HIGH SCHOOLS



MONDAY | 5

TUESDAY | 6

WEDNESDAY | 7

THURSDAY | 8

FRIDAY | 9

## BREAKFAST

### Strawberry & Greens Day

Sausage Breakfast Pizza	Hearty Oatmeal w/Warm Berries <b>VE</b>	Brioche Waffles w/Warm Strawberries <b>V</b>	Hot Cheesy Grits w/Whole Grain Biscuit <b>V</b>	Cheesy Scrambled Eggs with Buttered Toast <b>V</b>
Strawberry Guava Danish <b>V</b>	Ultra Berry Bread <b>V</b>	Strawberry & Granola Greek Yogurt Parfait <b>V</b>	Cinnamon Mini Bagels <b>V</b>	Just Peachy Parfait w/Graham Crackers <b>V</b>
Orange Wedges Diced Pears	Warm Berries <b>Fresh Pear</b>	Baked Cinnamon Apples Mixed Melon	Fresh Banana Orange Wedges	Pineapple Tidbits Diced Peaches

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## LUNCH

### Strawberry & Greens Day

Chicken & Broccoli Alfredo w/ Whole Grain Breadstick	French Toast Sticks w/ Turkey Sausage Patty & Syrup	Chicken Cordon Bleu Burger <b>on Whole Grain Bun</b>	Butter Chicken w/Brown Rice	Buffalo Chicken Pizza
Glorious Mac & Cheese w/Garlic Knot <b>V</b>	Cameroon Grilled Chicken Drumstick w/Oven Fired Flatbread	Veggie Tortellini w/Cheesy Breadstick <b>V</b>	Sweet & Sour Chicken w/Brown Rice	Chicken Fajitas w/Spanish Rice
Veggie Pizza <b>V</b>	Vegan Rainbow Chili w/ <b>Dinner Roll</b> <b>V</b>	Bean & Cheese Burrito <b>V</b>	Asian Noodle Bowl w/Broccoli <b>V</b>	Garden Veggie Wrap <b>VE</b>
Hearty Garden Salad w/Tortilla Chips <b>V</b>	Egg Salad Sandwich <b>on Locally Sourced Bread</b>	Classic Hummus Box <b>VE</b>	Jerk Chicken Wrap	Chicken Salad Sandwich <b>on Locally Sourced Bread</b>
Roasted Tuscan Vegetables Caesar Side Salad	Garlic Mashed Potatoes Sweet Peas	<b>Basil Corn Salad</b> Strawberry & Greens Salad	<b>Roasted Broccoli &amp; Carrots</b> Garden Side Salad	Seasoned Black Beans <b>Collard Greens</b>
<b>Fresh Tangerine</b> Diced Pears	Fresh Blueberries Diced Peaches	Fresh Nectarine Mixed Fruit Salad	<b>Fresh Whole Apple</b> Green Seedless Grapes	<b>Fresh Pear</b> Applesauce

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# BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS MIDDLE SCHOOLS & HIGH SCHOOLS



MONDAY   12	TUESDAY   13	WEDNESDAY   14	THURSDAY   15	FRIDAY   16
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## BREAKFAST

Whole Grain French Toast Sticks with Syrup <b>VE</b>	Cheesy Scrambled Eggs w/ Buttered Toast <b>V</b>	Hearty Oatmeal With Warm Berries <b>VE</b>	Egg & Cheese Flatbread Sandwich <b>V</b>	Pancake & Sausage Breakfast on a Stick w/ Syrup
Strawberry Banana Bash Yogurt w/ Graham Cracker <b>V</b>	Cinnamon French Toast Bites <b>V</b>	Whole Grain Bagel w/ Cream Cheese <b>V</b>	Apple Frudel <b>V</b>	Mini Blueberry Waffles <b>V</b>
Fresh Apple Fresh Pear	Diced Peaches Mixed Fruit Salad	Warm Berries Fresh Apple	Fresh Pear Pineapple Tidbits	Fresh Banana Baked Cinnamon Apples

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## LUNCH

<b>World of Flavors</b> Peri Peri Chicken & Jollof Rice	Buffalo Chicken Pizza	Herbs de Provence Drumstick w/ <b>Dinner Roll</b>	Cheese Pizza <b>V</b>	Glorious Macaroni & Cheese w/ Garlic Knot <b>V</b>
Black Bean & Sweet Potato Quesadilla w/ Salsa <b>V</b>	Chana Masala w/ Oven Fired Flat Bread <b>V</b>	Enchilada Suiza	Cauliflower, Chickpea & Potato Curry w/ Brown Rice <b>V</b>	Veggie Burger <b>on Whole Grain Bun</b> <b>V</b>
Bean & Cheese Nachos <b>V</b>	Veggie Tortellini w/ Cheesy Breadstick <b>V</b>	Grilled Cheese Sandwich <b>on Locally Sourced Bread</b> <b>V</b>	Veggie Burger <b>on Whole Grain Bun</b> <b>VE</b>	Vegetarian Paella w/ Edamame & <b>Dinner Roll</b>
Buffalo Chicken Wrap	Sunbutter & Jelly Sandwich <b>on Locally Sourced Bread</b> <b>VE</b>	Classic Hummus Box <b>VE</b>	Hearty Garden Salad w/ Tortilla Chips <b>V</b>	Sweet Thai Chili Chicken Wrap
Sweet Plantains <b>Mexican Corn</b>	Sauteed Kale w/ Ginger Caesar Side Salad	Garlic Mashed Potatoes <b>Oven Sautéed Spinach</b>	Seasoned Potato Wedges <b>Roasted Broccoli</b>	<b>Moroccan Spiced Carrots</b> <b>Parmesan Green Beans</b>
Fresh Tangerine Red Seedless Grapes	Banana Diced Peaches	Fresh Whole Apple Green Seedless Grapes	Fresh Blueberries Fresh Pears	Fresh Peach Mixed Fruit Salad

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# BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN

## NUTRITIOUS AND INNOVATIVE MENUS

### MIDDLE SCHOOLS & HIGH SCHOOLS



MONDAY | 19

TUESDAY | 20

WEDNESDAY | 21

THURSDAY | 22

FRIDAY | 23

## BREAKFAST

NO	Whole Grain French Toast Sticks w/ Syrup <b>VE</b>	Egg & Potato Breakfast Burrito <b>V</b>	Biscuit w/ Old-Fashion Country Gravy & Turkey Sausage Link	NO
SCHOOL	Mini Blueberry Waffles <b>V</b>	Apple Frudel <b>V</b>	Just Peachy Parfait w/ Graham Crackers <b>V</b>	SCHOOL
	Fresh Tangerine Fresh Banana	Mixed Melon Diced Pears	Orange Wedges Diced Peaches	

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## LUNCH

	Spaghetti & Marinara w/ Turkey Meatballs & Cheesy Breadstick	Cheeseburger on <b>Whole</b> Grain Bun	Spicy Asian Chicken w/Brown Rice	
	Fajita Chicken Nachos	General Tso's Chicken w/Brown Rice	Fajita Vegetable Quesadilla <b>V</b>	
NO	Grilled Cheese Sandwich on <b>Locally</b> Sourced Bread <b>V</b>	Asian Noodle Bowl w/Broccoli <b>V</b>	Veggie Tortellini w/Cheesy Breadstick <b>V</b>	NO
SCHOOL	Sunbutter & Jelly Sandwich on <b>Locally</b> Sourced Bread <b>VE</b>	Chicken Salad Sandwich on <b>Locally Sourced Bread</b>	Hearty Garden Salad w/ Tortilla Chips <b>V</b>	SCHOOL
	Parmesan Green Beans Roasted Tuscan Veggies	Sweet Plantains Roasted Broccoli & Carrots	Seasoned Collard Greens Sweet & Sour Vegetables	
	Fresh Pears Fresh Blueberries	Fresh Whole Apple Orange Wedges	Fresh Banana Applesauce	

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